

## A Prayer for an Anxious Mind

J. D. Gierach

Our Father, we have a lot on our minds.  
The past.  
The present.  
The future.  
Help us find the things that are worthy of praise.  
Help us find the people who are worthy of praise.  
We give our dissatisfactions to You,  
Thankful for what You have done,  
And looking forward,  
with hope,  
To what You will do.  
Nothing can separate us from the love of Christ.  
Not even our anxious minds that question and doubt.  
May we rest in that truth.  
We pray these things in Jesus' name.  
Amen.

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